

# TIGER FOOTBALL

→ **TRYOUTS JULY 31 - AUG 2**  
(THIS IS 2 WEEKS BEFORE SCHOOL STARTS)  
→ **TIME 6:00 – 8:00 P.M**

*(If you make the team)*  
**PRACTICE MON- FRI STARTING AUGUST 3**  
**FROM 4:00 – 6:00 P.M**

**YOU MUST HAVE A COMPLETED**  
**PHYSICAL PACKET TO TRYOUT!**  
**PHYSICALS ARE GOOD FOR ONE YEAR FROM THE DATE**  
**THEY WERE TAKEN.**

**GET A PHYSICAL PACKET AT [laj.oneclay.net](http://laj.oneclay.net)**

Under information, Go down to Athletics Information.

Click on Printable Sports Tryout Packet. Print ALL 10 pages and complete all necessary information.

Turn COMPLETED packet into the coaches the 1<sup>st</sup> day when you sign up at tryouts

**WEAR TENNIS SHOES or CLEATS,  
SHORTS & T-SHIRT**

**\*\*\*NEATLY WRITE YOUR LAST NAME IN LARGE PRINT ON THE BACK OF  
YOUR T-SHIRT\*\*\***

**START CONDITIONING NOW!!  
(RUNNING, STRETCHING, PUSH UPS, ETC...)**

**YOU SHOULD ALSO BE DRINKING @ 80 OZ OF WATER DAILY  
QUESTIONS?? CONTACT [timothy.hamel@myoneclay.net](mailto:timothy.hamel@myoneclay.net)**

